

Sautéed Chicken Bits

If you're into flavorful stews and are thinking chicken instead of beef or pork, this dish may tickle your fancy. This recipe builds flavor by adding flavored liquids and cooking them off so that only the flavors are left behind

ingredients...

1 large onion, chopped
2 cloves garlic, chopped
2 stalks celery, diced
2 boneless chicken breasts,
cut into 1-in pieces
½ c cabbage (red?), chopped
8 mushrooms, chopped
14 oz can diced tomatoes
(optionally with green chilis)
¼ c lemon juice
¼ c marsala

directions...

Sauté onion until soft.
Add garlic and celery and sauté until celery is softened.
Add chicken and sauté, stirring constantly until chicken is cooked all over.
Stir in lemon juice and sauté until liquid has evaporated.
Add cabbage and mushroom. Cook until the expressed liquid has evaporated.
Add the marsala and cook until the liquid has evaporated.
Stir in the diced tomatoes and cook until the liquid has *almost* evaporated.
(We use plain diced tomatoes, but get the kind with green chilis if you like an added "kick".) If you aren't using the green chilis, add a bit of thyme and tarragon.
Serve over rice.